

AQUATIC INFORMATION

CACTUS AQUATIC & FITNESS CENTER (CACT)

7202 E. Cactus Road • (480) 312-7665

CHAPARRAL AQUATIC CENTER (CHAP)

5401 N. Hayden • (480) 312-2361

ELDORADO AQUATIC & FITNESS CENTER (ELDO)

2301 N. Miller Road • (480) 312-2484

MCDOWELL MTN. RANCH PARK & AQUATIC CENTER (MMR)

15525 N. Thompson Peak Parkway • (480) 312-6677

SUMMER HOURS & FEES

for specific hours of operation and entrance fees, call or visit

www.scottsdaleaz.gov/Sports/aquatics.

SUMMER FAMILY PASSES

Residents Only. (family of 4 or less)*
Unlimited visits Memorial Day-Labor Day
MMR - \$400; Cactus & Eldorado - \$120
*Additional charge per members exceeding 4

LIFESAVER SALE!

April 1-May 30 ONLY

MMR - \$140

Cactus & Eldorado - \$99

LEARN TO SWIM

Swim Lesson Assessment- April 30th at Eldorado and McDowell Mountain Ranch. Swim Assessments are scheduled every 30 minutes from 1p-5p during public swim. Certified instructors will conduct a swim test to determine the child's current level. All participants will receive a skill checklist and recommended level to assist with summer registration.

All City of Scottsdale Instructors are certified by the American Red Cross.

Please use the age guidelines and the class descriptions to help determine the appropriate level for your child.

It is recommended that participants remain in the same level for at least two sessions. Participants must meet or exceed the skill requirements to move into the next level. Participants enrolled in the incorrect level may not be accommodated.

NEW THIS YEAR! (See chart on page 36.)

PRIVATE LESSONS: (1:1 RATIO)

This class is for all ages and skill levels. Instructor structures the class based on the individual's skill level. \$98 Resident/\$147 Non-Resident.

SEMI-PRIVATE LESSONS: (1:2 OR 1:3 RATIO)

This small class size allows the instructor to spend more individual time with students. Combination Level 1 & 2, Level 3, Level 4 and Combination Level 5 & 6 classes will be offered. Please refer to the level descriptions to determine which semi-private class works for you.

\$43 Resident/\$65 Non-Resident

* Only a limited number of classes are available at each pool.

LEVEL 2: "FUNDAMENTAL AQUATIC SKILLS"

(1:6 Ratio) Requirements: ages 3-5 years and be able to enter & exit unassisted and float on front & back for 3 seconds. *Objective: success with fundamental skills. Floating without support and introduction to arm and leg actions on the front and back.*

LEVEL 3: "STROKE DEVELOPMENT"

(1:6 Ratio) Requirements: ages 4-7 years and be able to float on front & back for 5 seconds and swim 15 yards using arm & leg movements on front & back. *Objective: build on skills in Level 2. Coordination of the front and back crawl, introduction to butterfly, treading water and diving from the side.*

LEVEL 4: "STROKE IMPROVEMENT"

(1:10 Ratio) Requirements: ages 7 and older and be able to swim freestyle for 15 yards using rhythmic breathing, tread water or float for 30 seconds and swim back crawl for 15 yards. *Objective: develop confidence in strokes. Build endurance by swimming lengths of front crawl and back crawl for greater distances. Builds on butterfly and introduces elementary backstroke, breaststroke and side stroke.*

LEVEL 5: "STROKE REFINEMENT"

(1:10 Ratio) Requirements: ages 7 and older and be able to perform a feet first entry, swim freestyle for 25 yards and back float for 1 minute. Swim breaststroke 15 yards and tread water 1 minute and backstroke for 25 yards. *Objective: provide further coordination and refinement of strokes. Elementary backstroke, breaststroke, butterfly, front & back crawl, sidestroke, standing dive, flip turns and rescue breathing skills.*

LEVEL 6: "SKILL PROFICIENCY"

(1:10 Ratio) Requirements: ages 7 and older & must be able to perform a shallow dive, swim 50 yards and perform a back float for 2 minutes. Participants must also be able to swim backstroke and breaststroke 50 yards and tread water. *Objective: Refine strokes and increase efficiency over greater distances. Prepares students to participate in more advanced courses such as Guard Start or Lifeguard Training.*

DIVING AND ADVANCED DIVING LESSONS

(1:10 Ratio) Requirements: ages 6-17, comfortable in deep water. Basic diving progression is taught including approach, hurdle, press and lift. Advance diving is for those who have taken basic and/or know approach, hurdle, press, lift, front and back jumps and front dive.

GROUP CLASS DESCRIPTIONS

"PARENT & CHILD" AQUATICS

(1:10 Ratio) ages 6 mo-3 yrs. Parents (or caregiving adults) are taught techniques and positions to enhance their child's comfort level in the water. Basics include water adjustment, body positions, and breath control. This class introduces infants and young children to aquatics with a parental presence in the water. Note: this class is water acclimation, not swimming lessons.

PRESCHOOL AQUATICS: "ORIENTATION TO BASIC SKILLS"

(1:6 Ratio) ages 3-4 years and should be able to enter the water and participate without parental presence. *Objective: gives young children a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Helps participants feel comfortable and safe in the water.*

LEVEL 1: "INTRO TO WATER SKILLS"

(1:6 Ratio) Requirements: ages 3-5 years and should be able to enter the water and participate without parental presence. *Objective: learning elementary skills and helping students feel comfortable in the water. Includes breath control, fully submerging head and retrieving underwater objects.*

CACTUS AQUATIC CENTER				
LEARN TO SWIM	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/6-6/16	6/20-6/30	7/5-7/14*	7/18-7/28
Learn to Swim Classes \$22 Resident / \$33 Non-Resident				
ALL LESSONS Monday - Thursday unless noted				
PARENT AND CHILD CLASSES				
8:35am			87656	
10:20am				87667
10:55am	87661	87665		
4pm			87659	
4:35pm	87662	87655	87660	
5:10pm	87663	87657		87658
5:45pm			87821	
6:20pm	87664	87652		
PRESCHOOL				
8:35am	87792	87799		
9:10am			87802	
9:45am				87806
10:20am			87803	
10:55am	87795	87800		87807
4pm	87796	87824		
4:35pm			87804	
5:10pm	87797	87825		
5:45pm	87675	87826		
6:20pm	87798	87801	87805	87808
LEVEL 1				
8am	87464	87487	87471	
9:10am	87472	87485		
10:20am	87893	87465	87473	87476
10:55am			87469	
4pm	87809	87822	87489	87479
4pm	87477	87823		
4:35pm	87480	87484		
5:10pm	87481	87466	87490	
5:45pm	87482	87467	87491	87493
6:20pm	87483	87468	87492	87495
LEVEL 2				
8am	87501	87514	87496	
9:10am			87497	87499
9:45am	87861	87515		
10:20am	87512	87516	87850	87500
10:55am			87851	87848
4pm	87859	87520	87498	87849
4pm	87513	87527		
4:35pm	87511	87528	87503	87508
5:10pm	87518	87529	87504	87509
5:45pm	87525	87530	87507	87510
5:45pm	87860	87858		
6:20pm	87526	87523	87852	87524
LEVEL 3				
8am	87531	87561		
8:35am	87532	87538	87547	

8:35am			87856	
9:10am	87536	87541		87853
9:45am	87534	87539		87854
10:20am	87535	87540	87550	87557
10:55am		87542	87537	
10:55am			87855	
4pm	87857	87543	87552	87558
4:35pm	87870	87867	87864	87559
4:35pm	87872	87869	87865	
5:10pm	87565	87577	87581	87560
5:10pm	87862	87863		
5:45pm	87566	87578	87553	87873
5:45pm	87568	87544		
6:20pm	87567	87579	87877	87879
6:20pm	87874	87545		
6:20pm	87875	87580		
LEVEL 4				
8am			87597	
8:35am	87838	87592		
9:45am			87587	
10:20am	87840	87605	87589	
10:55am				87591
4pm				87613
4pm				87845
4:35pm	87842	87843	87844	87614
4:35pm				87846
5:10pm	87594	87608	87611	87847
5:45pm	87598	87602	87612	87609
5:45pm	87839	87841		
6:20pm	87590	87596	87606	87607
LEVEL 5				
9:45am			87817	
10:20am	87635	87813		87837
4pm	87810	87814	87836	
4:35pm	87811	87815		87818
5:10pm	87812	87816	87819	87820
LEVEL 6				
10:20am			87646	
4pm	87645	87827	87828	87829
4:35pm			87637	
5:10pm	87638	87639	87640	87643
DIVE LESSONS				
10:20am	87445	87446		87444
10:55am	87441	87442	87443	
4pm			87835	
4:35pm	87834	87451		
5:10pm			87447	87833
5:45pm	87458	87452		
6:20pm	87459	87830	87831	87832
ADVANCED DIVE LESSONS				
10:20am			87437	
10:55am				87794
4:35pm			87789	87790
5:45pm			87791	87793

*No Lessons on Monday 7/4

Sessions 3 and 4 at Chaparral Pool may not be offered due to proposed budget reductions that close the pool. If the proposed budget is approved by City Council on June 7, 2011, the closure would impact all programs at Chaparral Pool after July 1, 2011.



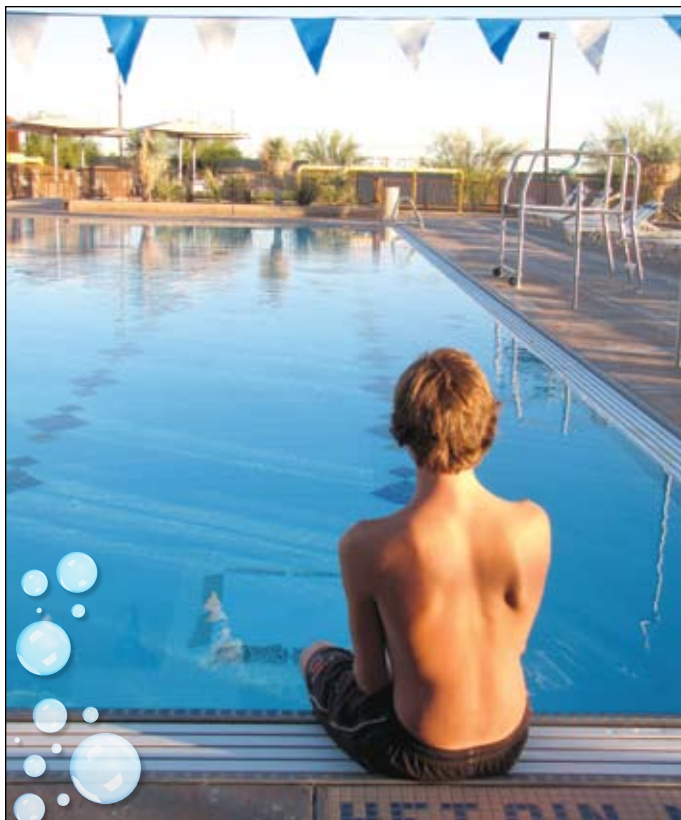
CHAPARRAL AQUATIC CENTER				
LEARN TO SWIM	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/6-6/16	6/20-6/30	7/5-7/14*	7/18-7/28
Learn to Swim Classes \$22 Resident / \$33 Non-Resident				
ALL LESSONS Monday - Thursday unless noted				
PARENT AND CHILD CLASSES				
4:00 PM	87352	87353	87354	87355
4:35 PM	87356	87357	87358	87359
5:10 PM	87230	87237	87244	87250
6:20 PM	87232			
6:55 PM	87233			
7:30 PM		87240		
PRESCHOOL				
4:00 PM	87360	87361	87362	87363
4:35 PM	87364	87365	87366	87367
5:10 PM	87256			87274
5:45 PM	88070			
6:20 PM		87264	87270	87275
6:55 PM	87258	87265		
LEVEL 1				
4:00 PM	87307	87315	87316	87317
4:35 PM	87322	87308	87319	87320
5:10 PM	87075	87084	87089	87093
5:45 PM	87077	87085	87090	
6:20 PM	87064			
6:55 PM		87067	87068	87069
7:30 PM	87078			

LEVEL 2				
4:00 PM	87328	87329	87330	87331
4:35 PM	87332	87333	87334	87335
5:10 PM	87115	87122	87132	87106
5:10 PM		87126		87107
5:45 PM	87116	87123	87133	
6:20 PM	87114	87124	87134	
6:20 PM	87117			
6:55 PM		87125	87135	87108
6:55 PM				87109
7:30 PM	87096	87097	87099	
LEVEL 3				
4:00 PM	88060	88062	88063	88064
4:35 PM	88061	88065	88066	88067
5:10 PM	87151	87158	87169	
5:10 PM	87154			
5:45 PM	87152	87157	87170	87173
5:45 PM				87176
6:20 PM	87144	87159	87171	
6:55 PM	87143	87155	87172	87145
7:30 PM	87149	87138	87168	87174
LEVEL 4				
4:00 PM	87336	87338	87339	87340
4:35 PM	87337	87341	87342	87343
5:10 PM	87184	87194	87196	87197
5:45 PM	87190	87195	87202	87203
6:20 PM	87182			87204
6:55 PM		87189	87198	
7:30 PM		87186	87193	87179
LEVEL 5				
4:00 PM	87344	87345		
4:35 PM			87346	87347
5:45 PM				87206
6:20 PM		87212	87216	87218
6:55 PM	87208			
LEVEL 6				
4:00 PM	87348		87350	87351
4:35 PM		87349		
6:20 PM			87225	
DIVE LESSONS				
5:10 PM	87050	87051	87052	87060

*No Lessons on Monday 7/4



AQUATIC INFORMATION | Session 1 & 2 Registration Starts 5/5



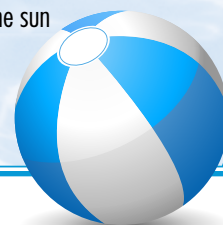
ELDORADO AQUATIC CENTER				
LEARN TO SWIM	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/6-6/16	6/20-6/30	7/5-7/14*	7/18-7/28
Learn to Swim Classes \$22 Resident / \$33 Non-Resident				
ALL LESSONS Monday - Thursday unless noted				
PARENT AND CHILD CLASSES				
8:00 AM	86828			
8:35 AM	86834	86838	86854	86858
9:10 AM	86836		86844	86856
9:45 AM	86832			
10:20 AM		86840		
12:05 PM	86830			
PRESCHOOL				
8:00 AM		86872	86880	
8:35 AM	86864		86882	86888
9:45 AM	86866	86874	86884	86890
10:20 AM	86868	86876		
10:20 AM		86896		
12:05 PM	86870	86878	86886	

LEVEL 1				
8:00 AM	86613		86637	86653
8:00 AM	86625			
8:35 AM	86617	86629	86639	86655
9:10 AM	86615	86631	86641	86657
9:45 AM	86619	86633	86643	
10:20 AM		86647	86645	
12:05 PM	86623			
LEVEL 2				
8:00 AM	86663	86665	86673	86699
8:35 AM	86681	86689	86675	86701
9:10 AM	86683	86691	86677	86703
9:10 AM		86695		
9:45 AM		86693	86679	86705
10:20 AM	86687	86669	86697	
LEVEL 3				
8:00 AM	86723	86717	86737	86751
8:35 AM	86725	86715	86747	86753
9:10 AM	86727	86713	86739	86755
9:10 AM	86735			86763
9:45 AM	86729	86711	86741	86757
10:20 AM	86731	86745		86759
10:20 AM	86749			
12:05 PM	86719			86787
LEVEL 4				
8:00 AM			86791	86797
8:35 AM				
9:10 AM	86773	86803	86805	86801
9:45 AM	86771	86775	86777	86789
10:20 AM	86767	86781		
DIVE LESSONS				
10:20 AM	86597	86599	86603	86607
12:05 PM	86595		86605	

*No Lessons on Monday 7/4

BIRTHDAY PARTIES

Now Booking Birthday Parties at Eldorado & McDowell Mtn. Ranch Aquatic Centers! Have some fun in the sun with your friends! For more information please call Eldorado (480) 312-2484 or McDowell Mtn Ranch at (480) 312-6677.



MCDOWELL MOUNTAIN RANCH				
LEARN TO SWIM	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/6-6/16	6/20-6/30	7/5-7/14*	7/18-7/28
Learn to Swim Classes \$22 Resident / \$33 Non-Resident				
ALL LESSONS Monday - Thursday unless noted				
PARENT AND CHILD CLASSES				
8:00 AM	86961	86971	86981	86991
8:35 AM	86963	86973	86983	86993
9:10 AM	86965	86975	86985	86994
9:45 AM	86967	86977	86987	86995
10:20 AM	86969	86979	86989	86996
PRESCHOOL				
8:00 AM	86997	87001	87005	87009
8:35 AM	86998	87002	87006	87010
9:10 AM	86999	87003	87007	87011
9:45 AM	87000	87004	87008	87012
LEVEL 1				
8:00 AM	86540	86550	86566	86586
8:00 AM	86541	86551	86568	86588
8:35 AM	86542	86552	86570	86590
8:35 AM	86614	86553	86572	86592
9:10 AM	86544	86554	86574	86594
9:10 AM	86545	86556	86576	86596
9:45 AM	86546	86558	86578	86598
9:45 AM	86547	86560	86580	86600
10:20 AM	86548	86562	87753	86602
10:55 AM	86549	86564	86584	86604
11:30 AM	86606	86608	86610	86612
LEVEL 2				
8:00 AM	86616	86640	86664	86688
8:00 AM	86618	86642	86666	86690
8:35 AM	86620	86644	86668	86692
8:35 AM	86622	86646	86670	86694
9:10 AM	86624	86648	86672	86696
9:10 AM	86626	86650	86674	86698
9:45 AM	86628	86652	86676	86700
9:45 AM	86630	86654	86678	86702
10:20 AM	86632	86656	86680	86704
10:20 AM	86634	86658	86682	86706
10:55 AM	86636	86660	86684	86708
11:30 AM	86638	86662	86686	86710

LEVEL 3				
8:00 AM	86716	86740	86764	86788
8:00 AM	86718	86742	86766	86790
8:35 AM	86720	86744	86768	86792
8:35 AM	86722	86746	86770	86794
9:10 AM	86724	86748	86772	86796
9:10 AM	86726	86750	86774	86798
9:45 AM	86728	86752	86776	86800
9:45 AM	86730	86754	86778	86802
10:20 AM	86732	86756	86780	86804
10:20 AM	86734	86758	86782	86806
10:55 AM	86736	86760	86784	86808
10:55 AM	86738	86762	86786	86810
11:30 AM	86812	86816	86820	86825
11:30 AM	86814	86818	86823	86827
LEVEL 4				
8:00 AM	86833	86845	86857	86869
8:35 AM	86835	86847	86859	86871
9:10 AM	86837	86849	86861	86873
9:45 AM	86839	86851	86863	86875
10:20 AM	86841	86853	86865	86877
10:55 AM	86843	86855	86867	86879
11:30 AM	86881	86883	86885	86887
LEVEL 5				
10:20 AM	86889	86897	86905	86913
10:20 AM	86891	86899	86907	86915
10:55 AM	86893	86901	86909	86917
10:55 AM	86895	86903	86911	86919
11:30 AM	86921	86925	86929	86933
11:30 AM	86923	86927	86931	86935
LEVEL 6				
10:20 AM	86937	86941	86945	86949
10:55 AM	86939	86943	86947	86951
11:30 AM	86953	86955	86957	86959
DIVE LESSONS				
10:20 AM	86524	86528	86530	86532
10:20 AM	86525			
10:55 AM	86526	86529	86531	86533
10:55 AM	86527			
11:30 AM	86534	86536	86537	86538
11:30 AM	86535			
ADVANCE DIVE LESSONS				
10:20 AM		86509	86512	86515
10:55 AM		86510	86513	86516
11:30 AM		86511	86514	86517

*No Lessons on Monday 7/4

AQUATIC INFORMATION | Session 1 & 2 Registration Starts 5/5



SEMI-PRIVATE LESSONS	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/6-6/16	6/20-6/30	7/5-7/14*	7/18-7/28
Private Learn-to-Swim Classes: \$43 Resident / \$65 Non-Resident				
CACTUS				
Semi-Private Level 1-2 Swim Lessons				
10:55am	87868	87866		
5:45pm			88193	87871
Semi-Private Level 3 Swim Lessons				
10:20am	87876	87878		
10:55am				87885
5:10pm			87880	
5:45pm			87882	87883
6:20pm			88194	
Semi-Private Level 4 Swim Lessons				
6:20pm				87884
Semi-Private Level 5-6 Swim Lessons				
6:20pm			87881	
CHAPARRAL				
Semi-Private Level 1-2 Swim Lessons				
4:35 PM		88089		
5:10 PM			88093	
5:45 PM		88090	88094	88096
6:20 PM				88097
6:55 PM	87303	88091		88098
7:30 PM	88088	88092	88095	88099
Semi-Private Level 3 Swim Lessons				
4:00 PM		88100		
6:20 PM		88101		
6:55 PM			88102	
7:30 PM	87304			88103
Semi-Private Level 4 Swim Lessons				
4:35 PM		88104		
6:20 PM		88105		88106
6:55 PM	87305			

Semi-Private Level 5-6 Swim Lessons				
4:00 PM		88107		
5:10 PM				88109
5:45 PM	87306	88108		
7:30 PM				88110
ELDORADO				
Semi-Private Level 1-2 Swim Lessons				
8:00 AM		88044		
9:45 AM	88042		88046	88048
10:20 AM				88047
12:05 PM	88043	88045		
Semi-Private Level 3 Swim Lessons				
9:10 AM			88038	88040
9:45 AM	88037			
10:20 AM			88039	88041
Semi-Private Level 4 Swim Lessons				
9:10 AM	88020	88049		88051
10:20 AM			88050	88052
Semi-Private Level 5-6 Swim Lessons				
9:45 AM		88054	88056	
10:20 AM				88057
12:05 PM	88053	88055		

*No Lessons on Monday 7/4

PRIVATE LESSONS	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/6-6/16	6/20-6/30	7/5-7/14*	7/18-7/28
Private Learn-to-Swim Classes: \$43 Resident / \$65 Non-Resident				
ALL LESSONS Monday - Thursday unless noted				
ELDORADO				
8:00 AM		88024		88032
8:35 AM		88025		
9:10 AM	88021	88026	88029	88033
9:45 AM	88022	88027	88030	88034
10:20 AM				88036
12:05 PM	88023	88028	88031	88035
MCDOWELL MOUNTAIN RANCH				
10:20 AM	88119	88122	88125	88128
10:55 AM	88120	88123	88126	88129
11:30 AM	88121	88124	88127	88130
CHAPARRAL				
4:00 PM	87302	88074	88079	88083
4:35 PM	88071	88075	88080	88084
5:10 PM		88076		
5:45 PM	88072	88077	88081	88085
6:20 PM				88086
6:55 PM				88087
7:30 PM	88073	88078	88082	

*No Lessons on Monday 7/4

INTERESTED IN BECOMING A LIFEGUARD SOMEDAY?

The City of Scottsdale has a program geared to prepare youth for the exciting job of lifeguarding.

GUARD START

(2 hour, 2 wk program) This program is designed to guide youth ages 13-15 into Lifeguard Training by building a foundation of knowledge, attitudes and skills. Areas of focus are Prevention, Fitness, Response, Leadership, and Professionalism. Guard Start participants will be required to volunteer a minimum of 30 hours throughout the summer. All participants who complete 75 volunteers hours in 2011 will be eligible for a 50% discount on Lifeguard Training classes in 2012. The Guard Start program does not certify the participant as a lifeguard.

PREREQUISITES: Continuously swim 25 yards freestyle, Tread water 1 minute, Swim 10 ft underwater

AGES: 13-15

DATES: June 6 - June 16 (M-TH)

FEE: \$ 64 Residents / \$ 96 Non-Resident *fee includes t-shirt

**See pool chart for specific times and course codes.

GUARD START	SESSION 1 (2 WEEKS ONLY)	
	6/6 - 6/16 (Mon-Thur)	
Guard Start: \$64 Resident / \$96 Non-Resident		
CACTUS POOL		
11:00 AM	87463	
CHAPARRAL POOL		
04:00 PM	87062	
ELDORADO POOL		
9:00 AM	86611	
MCDOWELL MOUNTAIN RANCH POOL		
9:00 AM	86539	

VETERAN GUARD START

This program is for those youth that have participated in the Guard Start program. In order to register for this class, you must have completed the 30 hours of volunteer time during the summer of 2010. This program is for those 13-15 years of age who wish to continue their lifeguarding skills. Basic lifeguarding skills and pool operations will be taught in this course. Guard start participants will be required to attend weekly 1 hour in-service trainings and volunteer a minimum of 30 hours throughout the summer. All participants who complete 75 volunteers hours in 2011 will be eligible for a 50% discount on Lifeguard Training classes in 2012.

FEE: \$36 Residents/\$54 Non-Resident

Call pool you were at last year to register.



AQUATIC SPORTS CAMP

(2 hr, 1 wk class) Come join our fun and exciting sports camp and have the opportunity to learn and play every water sport imaginable! Learn the FUNdamentals of different water sports including swimming, diving, water polo, water basketball, synchronized swimming, water safety skills and other aquatic adventures!

AGES: 9 - 12

DATES: 8/1 - 8/5

TIMES: 8-10 am

FEE: \$32 Residents/\$48 Non-Resident

**See pool chart for specific times & course codes.

AQUATICS SPORTS CAMP	MON - FRI (1 WEEK ONLY)	
	8/1-8/5	
Aquatic Sports Camp: \$32 Resident / \$48 Non-Resident		
ELDORADO POOL		
8:00 AM	86948	
MCDOWELL MOUNTAIN RANCH POOL		
8:00 AM	87033	

RECREATIONAL TEAMS

RECREATIONAL SWIM TEAM

(1 hr, 8 wk program) Offered at all four Scottsdale City Pools, this program focuses on enhancing and improving swimming strokes, while maintaining a recreational environment. Swimmers will focus on proper stroke, start and turn techniques. Participants must be able to swim 25 yards across the pool in all of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly); level 4 proficiency.

Several types of Recreational Swim Meets are held throughout this 8-week program. Swim meets alternate between Saturday mornings and Thursday evenings. City Championships are held on Saturday, July 30. Swim team handbooks will also be available the first week of practices, further explaining recreational philosophies, as well as swimmer / parent participation.

AGES: 5-18
DATES: June 6 - July 30
FEE: \$ 90 Residents
 \$ 135 Non-Residents
TIMES: Practices are conducted M-TH.

REC SWIM TEAM	SUMMER SESSION
	6/6 - 7/30
Rec. Swim Teams: \$90 Resident / \$135 Non-Resident	
ALL PRACTICES: Monday-Thursday unless noted	
CACTUS POOL	
8am	87700
9am	87701
7pm NEW!	87730
ELDORADO POOL	
7am	86906
8am	86904
5pm	88459
6pm	88460
MCDOWELL MOUNTAIN RANCH	
8am	87015
9am	87016
10am	87017
6pm NEW!	88111

RECREATIONAL DIVE TEAM

(1 hr, 8 wk program) Offered at all four Scottsdale City Pools, this introductory diving program focuses on improving diving skills through skill progression and techniques while maintaining a recreational environment. Previous participation in a diving class or team is recommended. Participants must be at least 6 years old by the start of the program and be able to perform a 3 step hurdle and front dive in order to participate on the dive team.

Recreational meets are held between valley pools generally on Tuesday evenings and possibly Saturday mornings. City Championships held on July 30.

AGES: 6-18
DATES: June 6 - July 30
FEE: \$ 90 Residents
 \$ 135 Non-Residents
TIMES: Practices are conducted M-TH.

REC DIVE TEAM	SUMMER SESSION
	6/6 - 7/30
Rec. Dive Teams: \$90 Resident / \$135 Non-Resident	
ALL PRACTICES: Monday-Thursday unless noted	
CACTUS POOL	
8am	87698
9am	87699
7pm NEW!	87731
ELDORADO POOL	
7am	86902
8am	86900
5pm	88461
MCDOWELL MOUNTAIN RANCH	
8am	87013
9am	87014

SYNCHRONIZED SWIM LESSONS

(1:10 Ratio) Requirements: ages 6-17 years and be comfortable in deep water and the ability to float on front & back. *Participants will learn the basic fundamental skills for beginning figures & routines in synchronized swimming.*

SYNCHRO	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/6-6/16	6/20-6/30	7/5-7/14*	7/18-7/28
Synchro: \$22 Resident / \$33 Non-Resident				
ELDORADO POOL				
10:20 AM	86950	86960	86962	86964
MCDOWELL MOUNTAIN RANCH POOL				
10:55 AM	87034	87035	87036	87037

TRIATHLON TRAINING FOR ADULTS

\$44 Resident / \$66 Non-Resident

(12 per class) ages 18 and up
 This class is designed for those individuals (18+), who are planning on competing in a triathlon but would like some coached training. This class will only focus on the swim portion of a triathlon and will help you improve your stroke, endurance and speed, as well as learning the 'rules of play,' such as sighting, swimming with others and additional techniques. Offered at Cactus M/W or T/TH for 4 Weeks.

TRIATHLON TRAINING (18+)	JUNE	JULY
	6/7-6/30	7/5-7/28
Triathlon Training: \$44 Resident / \$66 Non-Resident		
CACTUS POOL		
11am (T/TH)	87719	87721
7pm (T/TH)	87720	87722

AMERICAN RED CROSS LIFEGUARD TRAINING

The American Red Cross Lifeguard Training class is offered to those interested in becoming a certified lifeguard. The class includes certification in First Aid, CPR for the Professional Rescuer, and AED (Automated External Defibrillation).

COURSE PREREQUISITES: Must be 15 years old, swim 300 yards (non-stop), retrieve 10 lb. weight and swim timed. Participants must attend all classes. Refunds are not permitted.

FEE: \$100 (Residents) \$150 (Non-Residents)

LIFEGUARD TRAINING	MON-FRI (2 WEEKS)
	6/6-6/17
Lifeguard Training: \$100 Resident / \$150 Non-Resident	
ELDORADO POOL	
8:00 AM - 1:00PM	86822



ADULT SPECIALTY CLASSES

ADULT SWIM LESSONS

\$42 Resident / \$63 Non-Resident

Must be 18 years and older. It is never too late to learn to swim or improve your strokes! This class is geared toward adults who want to learn the basics and/or want to improve their swimming techniques. Class meet 1 hour each day Mon-Thur for 2 weeks.

SHALLOW WATER EXERCISE

\$21 Resident / \$32 Non-Resident (June/July prices ONLY)

(30 per class) ages 13 and older. Monthly pre-registration recommended. Work out and have fun. Classes run 50 mins and include stretching, warm-up, cardio, toning, and cool-down. ***drop-in \$4 (R) \$6 (NR), space permitting.

DEEP WATER EXERCISE

\$21 Resident / \$32 Non-Resident (June/July prices ONLY)

(30 per class) ages 13 and older. Monthly pre-registration recommended. Challenge yourself to the next level of physical fitness! This class features aerobic exercise, treading water, and activities that improve swimming technique & fitness.

ACHE AWAY EXERCISE

\$15 Resident / \$23 Non-Resident (June/July prices ONLY)

(30 per class) ages 13 and older. Back Ache? Joints hurt? Have arthritis? Try this especially designed class for any individual who needs gentler, slower paced water exercise. Emphasizes stretching and toning. Taught by a Certified Arthritis Instructor. Offered at Eldorado M/W.

TONE & TAI CHI

\$15 Resident / \$23 Non-Resident (June/July prices ONLY)

(15 per class) ages 13 and older. This class combines water exercises with Tai Chi moves. It benefits students of all ages and abilities by using the water to increase strength, flexibility, balance and energy. A great way to start your day or prepare yourself for water exercise or lap swim. Offered at Eldorado M/W.

ARTHRITIS FOUNDATION AQUATIC PROGRAM

\$16 Resident / \$24 Non-Resident (June/July prices ONLY)

(30 per class) ages 13 and older. This class is designed to accommodate individuals living with arthritis. The class format will be a gentle, slow paced exercise class focusing on muscular strength, endurance and flexibility/stretching. Instruction is provided by a certified Arthritis Foundation Aquatic Program. Offered at Eldorado M/W.

SPECIALTY CLASSES	SESSION 1 6/6-6/16	SESSION 2 6/20-6/30	SESSION 3 7/5-7/14*	SESSION 4 7/18-7/28
ADULT LEARN TO SWIM				
Adult Learn to Swim: \$42 Resident / \$63 Non-Resident				
CACTUS POOL				
11am NEW!	87732	87735	87736	87737
7pm NEW!	87738	87733	87734	
CHAPARRAL POOL				
7:00 PM	87042	87043	87044	87045
ELDORADO POOL				
10:00 AM	86565	86567	86569	88058
MCDOWELL MOUNTAIN RANCH POOL				
7:00pm	86505	86506	86507	86508
SHALLOW EXERCISE				
Water Aerobics: \$21 Resident / \$32 Non-Resident				
CACTUS POOL				
9am	87704	87708	87712	87716
4pm NEW!	87705	87709	87713	87717
7pm	87706	87710	87714	87718
CHAPARRAL POOL				
6:00 PM	87289	87293	87297	87299
ELDORADO POOL				
6:00 AM	86914	86920	86922	86924
7:00 AM	86910	86940	86942	86944
8:00 AM	86908	86912	86916	86928
9:00 AM	86930	86932	86936	86926
MCDOWELL MOUNTAIN RANCH POOL				
8:00am	87018	87021	87024	87027
9:00am	87019	87022	87025	87028
10:00am	87020	87023	87026	87029
DEEP WATER EXERCISE				
Water Aerobics: \$21 Resident / \$32 Non-Resident				
ELDORADO POOL				
7:00 AM	86573	86575	86577	86581
6:00 PM	86585	86587	86589	86591
MCDOWELL MOUNTAIN RANCH POOL				
11:00am	86519	86520	86521	86522
ACHE AWAY				
Ache Away: \$15 Resident / \$23 Non-Resident				
ELDORADO POOL				
9:00 AM	86555	86557	86559	86561
ARTHRITIS FOUNDATION				
Arthritis Foundation: \$16 Resident / \$24 Non-Resident				
ELDORADO POOL				
10:00 AM	86984	86986	86988	86990
TONE-N-TAI CHI				
Tone-N-Tai Chi: \$15 Resident / \$23 Non-Resident				
ELDORADO POOL				
8:00 AM	86972	86974	86976	86978